WHAT IS CLAIMED IS:

- 1 1. A method for frequency selection in a frequency hopping cordless 2 telephone system employing a predetermined frame length, comprising:
- 3 identifying active slots in said frame; and
- 4 determining a duration of carrier usage based on durations of said active 5 slots
- 1 2. A method in accordance with claim 1, said predetermined frame length 2 comprising ten milliseconds.
- 1 3. A method in accordance with claim 2, said slots comprising transmit 2 and receive slots each having duration 833 microseconds.
- 1 4. A method in accordance with claim 3, further comprising limiting a use 2 of a particular carrier to less than 400 milliseconds every thirty seconds.
- 1 5. A system for frequency selection in a frequency hopping cordless 2 telephone system employing a predetermined frame length, comprising:
- 3 means for identifying active slots in said frame; and
- 4 means for determining a duration of carrier usage based on durations of said 5 active slots.
- 1 6. A system in accordance with claim 5, said predetermined frame length 2 comprising ten milliseconds.
- 1 7. A system in accordance with claim 6, said slots comprising transmit 2 and receive slots each having duration 833 microseconds.
- 1 8. A system in accordance with claim 7, further comprising limiting a use 2 of a particular carrier to less than 400 milliseconds every thirty seconds.
- 1 9. A device for frequency selection in a frequency hopping cordless

- 2 telephone employing a predetermined frame length, comprising:
- a slot monitoring module adapted to identify active slots in said frame; and
- 4 a frequency selection module adapted to determine a duration of carrier
- 5 usage based on durations of said active slots.
- 1 10. A device in accordance with claim 9, said predetermined frame length
- 2 comprising ten milliseconds.
- 1 11. A device in accordance with claim 10, said slots comprising transmit
- 2 and receive slots each having duration 833 microseconds.